



Southern Style Chicken Toast

 Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



53 kcal

Ingredients

- ☐ 1 carrots peeled cut into 1 inch pieces
- ☐ 2 teaspoons cornstarch
- ☐ 1 egg white
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground pepper black
- ☐ 2.5 tablespoons butter
- ☐ 0.5 pound chicken breast halves boneless skinless cut into chunks
- ☐ 4 slices bread white
- ☐ 0.5 teaspoon sugar white

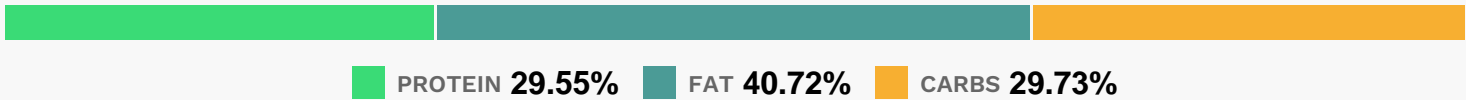
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Place chicken, carrot, egg white, cornstarch, sugar, ginger, and black pepper in a food processor. Pulse until the chicken is well minced.
- ☐ Cut each slice of bread into 4 triangles.
- ☐ Spread the tops and sides of each triangle with the chicken mixture.
- ☐ Melt half of the margarine in a 12 inch nonstick skillet over medium heat.
- ☐ Place half of the triangles, spread side down, in the skillet. Cook until golden brown, about 4 minutes. Flip with a spatula and cook until the other side is brown, about 2 minutes.
- ☐ Transfer to a serving platter and keep warm. Repeat process with the other half of the triangles and margarine.
- ☐ Serve with soy sauce diluted with water for dipping.

Nutrition Facts



Properties

Glycemic Index:13.98, Glycemic Load:2.4, Inflammation Score:-5, Nutrition Score:2.9678260994994%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 53.02kcal (2.65%), Fat: 2.37g (3.64%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 3.62g (1.32%), Sugar: 0.65g (0.73%), Cholesterol: 9.07mg (3.02%), Sodium: 72.67mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Vitamin A: 719.67IU (14.39%), Selenium: 6.41µg (9.16%), Vitamin B3: 1.82mg (9.11%), Vitamin B6: 0.12mg (5.9%), Phosphorus: 39.14mg (3.91%), Manganese: 0.07mg

(3.49%), Vitamin B1: 0.04mg (2.91%), Vitamin B5: 0.25mg (2.52%), Vitamin B2: 0.04mg (2.39%), Potassium: 77.18mg (2.21%), Folate: 8.34µg (2.08%), Iron: 0.29mg (1.62%), Calcium: 16.16mg (1.62%), Magnesium: 6.3mg (1.57%), Fiber: 0.27g (1.08%)